

INSIDE AT HOME OR WORK

Have entrances and parking areas well-lighted.

Be sure all windows and doors have strong locks and use them.

Lock your door every time you go out, even if it is only for a short period of time.

Be aware of places near your home or workplace where attackers may hide, and avoid those places.

When entering your home or workplace, have your keys ready before you get out of your car. When you arrive at the door, if it is open, or you see signs of forced entry, go to a neighbor’s house and call the police.

Never allow strangers into your home when you’re alone — no matter how dire their emergency may be. Offer to make an emergency phone call for them while they wait outside.

Use initials only on your nameplate for your door or mailbox. Even add a name so it won’t appear that you live alone.

PROTECTING YOURSELF

Be assertive. No resistance is often misinterpreted as consent. Be direct and firm when anyone is pressuring you to do anything you don’t want to do.

Trust your intuition. If you feel uncomfortable or pressured into a situation, you probably are in danger.

Sexual assault is a crime that is often planned. Consider taking a self-defense course that concentrates not on the martial arts but on street self-defense.

Avoid excessive use of alcohol and other drugs, as they interfere with clear thinking and communication.

Know your own desires and set your own limits. Communicate them clearly to others. If you are not sure, stop and talk about it. Say “NO” when you mean “NO.”

Stay with a group. There is safety in numbers.

YOUR RIGHTS AS A VICTIM

The Victims’ Rights and Restitution Act of the Crime Control Act of 1990 mandates that officials of the Department of Justice and other Federal agencies engaged in the detection, investigation, or prosecution of crime grant certain rights to victims. The Act gives the following rights to crime victims:

- To be treated with fairness and with respect for his/her dignity and privacy.
- To be reasonably protected from the accused offender.
- To be notified of court proceedings.
- To be present at all public court proceedings related to the offense, unless the court determines that his/her testimony would be materially affected if the victim heard other testimony at the trial.
- To confer with the attorney for the government in the case.
- To restitution.
- To information about the conviction, sentencing, imprisonment, and release of the offender.

In addition to the above rights, a victim may exercise the following options:

- He/she may decline to be interviewed or to undergo medical exam.
- He/she may agree to be interviewed or to undergo the medical exam with an advocate or other support person present.
- He/she may agree to be interviewed or to be examined without assistance.

IF YOU ARE RAPED OR SEXUALLY ASSAULTED:

Get to a safe place that has a phone.

Contact someone who can help you — your command SAVI POC, a friend, local police, security, NCIS, a local rape crisis center, a chaplain.

Preserve evidence. Do not bathe, shower, douche, wash your hands, drink anything, or change clothes. If you are physically injured, obtain medical attention from the emergency room of a military treatment facility or the nearest community hospital. Or, if you wish to report the assault, contact NCIS, security, or the local police for a forensic exam at a designated area hospital.

Report the assault to your command SAVI POC, NCIS, security, or local police.

Write down as many details as you can remember about the perpetrator and the assault. This will help with your own healing process and in any legal action you might take.

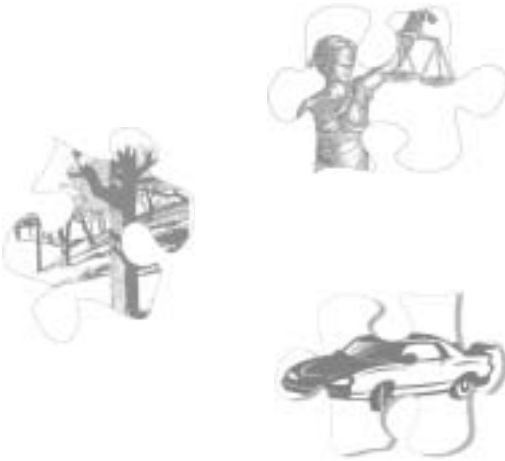
FOR VICTIM SUPPORT SERVICES:

Sexual Assault Victim Intervention (SAVI)	
Coordinator	462-7563
Response Sexual Assault Support Services of the YWCA (24-Hour Hotline)	622-4300
The Center for Sexual Assault Survivors (24-Hour Hotline)	825-2591
Avalon in Williamsburg (24-Hour Hotline)	258-5051
Albemarle Hopeline in Elizabeth City (24-Hour Hotline)	(252) 338-3011
FFSC Little Creek	462-7563
FFSC Norfolk	444-2102
FFSC Northwest	421-8770
FFSC Oceana	433-2912
FFSC Yorktown	887-4606
FFSC Newport News	688-NAVY

TO REPORT A SEXUAL ASSAULT:

On military property — call base security or NCIS at 444-7327

In the local community (off base) — call 911



Listen...

no means
No!

Remember:
If you've been raped,
IT'S NOT YOUR FAULT —
whether or not you took steps
to reduce your risk.

INITIAL INFORMATION FOR VICTIMS OF RAPE/SEXUAL ASSAULT

The Navy's philosophy is to create a working and living environment which has "zero tolerance" for rape/sexual assault. Rape/sexual assault is a criminal act that is incompatible with the Navy's high standards of professionalism and personal discipline.

As a victim of this criminal act, you may experience increased concern for your personal safety and that of your family, feelings of anger, helplessness, frustration, or fear. You may have trouble concentrating on the job, may have difficulty handling everyday problems, may feel overwhelmed, and may repeatedly think of the crime.

Some or all of these symptoms may occur and time will ease many of them. These are normal reactions to trauma, but you may wish to seek counseling. You may also feel that criminals have all their rights protected in crimes such as this.

UNIFORM CODE OF MILITARY JUSTICE DEFINITIONS OF RAPE AND SEXUAL ASSAULT

Rape is defined as nonconsensual sexual intercourse, regardless of the sex of the victim or perpetrator, accomplished by force or threat.

Assault with intent to commit rape is an assault where the accused must have intended to complete the offense and to have overcome any resistance by force.

Assault with intent to commit sodomy is also defined as an assault where the accused must have intended to complete the offense and to have overcome any resistance by force.

Indecent assault is defined as an assault where the accused must have committed the offense with the intent to gratify the lust or sexual desires of the accused.

FACTS ABOUT SEXUAL ASSAULT

Nearly 7,000 sexual assaults take place each year in Virginia. Every two minutes, somewhere in America, someone is sexually assaulted. (RAINN)

Despite a drop in overall crime rates, there was a 20 percent increase in rapes, and a 33.3 percent increase in sexual assaults in 1999 (Rennison, May 2000).

Almost 70 percent of the rape and sexual assault victims knew the offender as an acquaintance, friend, relative or intimate (Ibid.).

Based on reports to law enforcement, 16 rapes are attempted and 10 women are raped every hour. An estimated one out of every 12 rape victims is male (Uniform Crime Report, National Crime Survey).

Women ages 16 to 24 are particularly vulnerable (National Crime Survey).

About one third of all reported rapes are committed in the victim's home (Uniform Crime Report).

The 1998 Sexual Assault Report from Naval Personnel Command indicates that:

- 92% of our victims are female; 8% are male.
- 66% of our victims are active duty; 15% are non-DOD civilians and 8% are family members.
- 73% of our perpetrators are active duty service members.
- 73% of our victims are between the ages of 18 and 25.
- 55% of our perpetrators are ages 22-30.

FACTORS FOUND TO BE RELATED TO RAPE INCIDENTS

The use of alcohol and/or date rape drugs.

The perception that males have a "right" to sexual relations under certain conditions.

A breakdown of moral values.

WAYS TO REDUCE YOUR RISK OF VICTIMIZATION

Many rapes are successfully avoided. The key to successful avoidance is knowledge — knowing what sexual assault is, knowing the danger signals, knowing how to defend yourself against an assault, and knowing when to make changes in your lifestyle.



OUTDOORS

Be alert to your surroundings and the people around you. Stay in well lighted areas.

Walk at a steady pace in a confident manner on the side of the street facing traffic.

Avoid hitchhiking.

If you feel threatened, make a scene to attract attention to yourself. Use the "buddy system."

Walk close to the curb away from doorways, bushes, and alleys. Avoid areas where there are few people.

IN YOUR CAR

Always lock your car doors, whether parked or driving.

Park in a well lighted area, under a light if possible.

Look around and under your car as you approach it.

Check the interior of your car before entering.

Always have your key ready and enter quickly. Shut and lock the door immediately.

If you have car trouble while on the road, pull over to the side and use a handkerchief through the top of the window to attract attention. Stay in the car with the doors locked. Roll the window down only one-half inch if someone stops to help. Ask them to call for assistance. Do not go with them to obtain help. If you think someone is following you, go to the nearest public place, police, or fire station for help. Be careful what you put on your vanity license plates.

Do not stop for a stranded motorist. Note location. Call the police for assistance for that motorist as soon as you are able.

